

What is claimed:

1. A golf stance stabilizing apparatus for executing a golf shot, the apparatus comprising a forward foot gripping element including means for securing a forward foot, a rear foot gripping element including means for securing a rear foot.
2. The apparatus of claim 1, further comprising an adjustment mechanism for adjusting the distance between said forward foot gripping element and rear foot gripping element.
3. The apparatus of claim 1 where in said adjustment means is comprised of two opposing attaching means.
4. The apparatus of claim 1 wherein said means for securing a forward foot is in the form of two opposing straps releasable attachable to each other.
5. The apparatus of claim 1 wherein said means for securing a rear foot is in the form of two opposing straps releasable attachable to each other.
6. The apparatus of claim 1, wherein the two opposing straps are releasable attached to each other by buttons or fabric.
7. The apparatus of claim 1 wherein said forward foot gripping element further comprises a base strap.
8. The apparatus of claim 1 wherein said rear foot gripping element further comprises a base strap.

9. The apparatus of claim 6 wherein two opposing straps releasable attachable to each other are further attached to said base strap.
10. The apparatus of claim 1 wherein said means for securing a rear foot is in the form of a base strap and an opposing strap being releasable attachable to each other, wherein said opposing strap is attached to said base strap.
11. The apparatus of claim 1 wherein an additional strap is attached to said means for attaching, wherein the additional strap further comprising a means for attachment.
12. The apparatus of claim 12, wherein the length of the additional strap is capable of being adjusted.
13. The apparatus of claim 12, wherein the additional strap further comprises a means for attaching the additional strap to a person's leg.
14. The apparatus of claim 13, wherein the additional strap further comprises a means for attaching the additional strap to a person's leg.
15. The apparatus of claim 12 wherein the additional straps further comprises a means for attaching the additional straps to both a person's legs.
16. The apparatus of claim 13 wherein the additional straps further comprises a means for attaching the additional straps to both a person's legs.
17. A method of executing or practicing a golf shot, the method comprising the steps of providing a golf stance stabilizing apparatus comprising an unattached forward foot gripping element including means for securing a forward foot, an unattached rear foot gripping element including means for securing a rear foot,

a means for maintaining balanced weight distribution, wherein said means for maintaining balanced weight distribution, is a strap attached to the forward foot gripping element and a strap attached to the rear foot gripping element selecting and straps attached to the forward and rear foot gripping elements of a golf shot, placing a forward foot in said unattached forward foot gripping means and securing said forward foot therein, placing a rear foot in said unattached rear foot gripping means and securing said rear foot therein, determining an appropriate stance or width between said forward foot and said rear foot, adjusting said rear foot to said width, attaching said gripping elements together, adjusting the length of said means for maintaining balanced weight distribution, attaching said means for maintaining balance weight distribution to an area of the knee of said rear foot or forward foot and rear and forward foot, and executing the golf shot.